

KS2 PE PROGRESSION MAP OF SKILLS AND KNOWLEDGE AT BISHOPS ITCHINGTON PRIMARY SCHOOL

Progression	Swimming/Outdoor Adventurous Activity	Control and Balance	Competitive Games	Movement Patterns
Year 3	<p>Outdoor Adventurous Activity Take part in outdoor and adventurous activity challenges both individually and within a team.</p>	<p>Gymnastics Can bounce a ball on the spot with consistency Can perform a basic log, egg, shoulder and forward roll.</p>	<p>Team Games, Athletics Participate in team games Develop simple tactics for attacking and defending Succeed and excel (in competitive sport) and other physically demanding activities. Can run and compete in competitive events individually and as a team.</p>	<p>Gymnastics, Maypole Create and perform a short sequence linking basic actions with a clear beginning, middle and end. Choose and link actions to create an expressive dance phase which shows some sensitivity to accompaniment. Participate in maypole traditional dances using skipping and body weaving skills.</p>
Year 4	<p>Swimming To Be able to swim 25 metres any style, unsupported. To be able to swim in the deep end of the pool with confidence.</p>	<p>Gymnastics Can bounce a ball on the spot with consistency Can perform a basic log, egg, shoulder and forward roll. Responds imaginatively and with control and coordination Uses different body parts Can vary dynamics, speed, direction and level of their movements</p>	<p>Team Games, Athletics Participate in team games Develop simple tactics for attacking and defending Play competitive games, modified where appropriate. Can run and compete in competitive events individually and as a team.</p>	<p>Gymnastics, Dance Create & perform a short sequence linking basic actions with a clear beginning, middle and end. Choose and link actions to create an expressive dance phase which shows some sensitivity to accompaniment. Plan and perform a movement sequence showing contrasts in speed/level and direction, Apply basic compositional ideas to create dance phrases with a partner and in a small group.</p>

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Out-door Adventurous Activity		Control and Balance	Competitive Games	Movement Patterns: Gymnastics Dance
<p>Year 5</p> <p>Outdoor Adventurous Activity Take part in outdoor and adventurous activity challenges both individually and within a team and compare their performances with previous ones.</p>	<p>Basketball Can bounce a ball on the spot with consistency Responds imaginatively and with control and co-ordination Uses different body parts. Can vary dynamics, speed, direction. Can travel whilst bouncing a ball, showing control Perform a competent forward roll, log roll, egg roll, shoulder roll, curled roll and progress to backward roll. Improvise freely, individually and with a partner, can translate ideas from a stimulus into movement.</p>	<p>Team Games, Athletics Participate in team games Play competitive games, modified where appropriate. Develop and apply simple tactics for attacking and defending. Participate in physically demanding activities. Compete in a range of increasingly challenging situations.</p>	<p>Create & perform a short sequence linking basic actions, with a clear beginning, middle & end. Create an expressive dance. Plan and perform a movement sequence showing contrasts in speed, level and direction. Apply basic compositional ideas to create dance with a partner & small group. Can comment on their own performance and that of others and make simple suggestions to improve quality and performance. Develop longer & more varied movement sequence demonstrating smooth transitions. Refine own performance in response to others and self-analysis (using i-pads).</p>	
<p>Year 6</p> <p>Outdoor Adventurous Activity Take part in outdoor and adventurous activity challenges both individually and within a team and compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Basketball Can bounce a ball on the spot with consistency. Responds imaginatively and with control and coordination . Uses different body parts. Can travel whilst bouncing a ball, showing control. Improvise freely, individually and with a partner, can translate ideas from a stimulus into movement. Using either hand can dribble showing changes of speed and direction. Perform a range of rolls consistently including a backward roll. Responds imaginatively to a variety of stimuli, demonstrating a wide range of actions with precision, control and fluency. Can incorporate different dynamics and develop new actions with a partner and in a group.</p>	<p>Team Games, Athletics Participate in team games Play competitive games, modified where appropriate through team and individual games Use a range of tactics and strategies to overcome opponents in direct competition Apply basic principles suitable for attacking and defending Participate in physically demanding activities. Compete in a range of increasingly challenging situations Develop an understanding of how to improve in different physical activities and sports.</p>	<p>Create & perform a short sequence linking basic actions with a clear beginning, middle & end. Choose and link actions to create an expressive dance phase showing some sensitivity to accompaniment. Plan & perform a movement sequence showing contrasts in speed/level and direction. Apply basic compositional ideas to create dance phrases with a partner and in a small group. Develop a longer and more varied movement sequence demonstrating smooth transitions between actions. Compare, develop/adapt movement motifs to create longer dances. Using feedback from others, describe constructively how to refine, improve and modify performance? Refine own performance in response to others and self-analysis (using i-pads).</p>	

